

Quick Start Guide Resistive Measurement System (RMS) Pressure Test System (PTS)



The online **RMS** Online User Manual is accessed by clicking on the www.VodderMLD.com address on the bottom right corner of the **RMS** main window, or enter online at VodderMLD.com/pts/ptshome



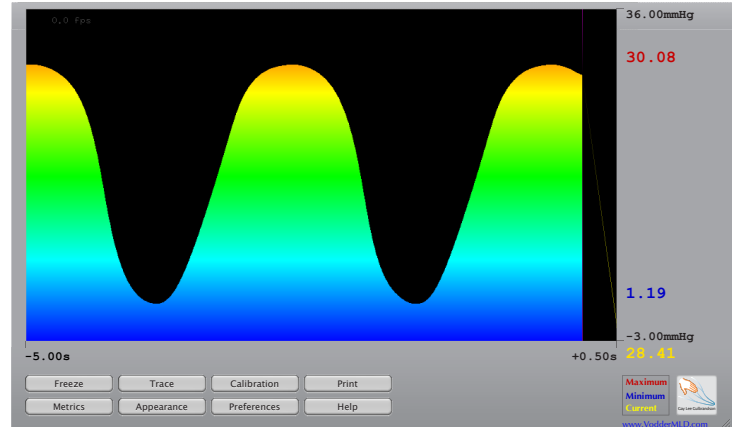
Direct access hyperlink is also accessible from the **PTS Help** pull-down menu on the top bar of the monitor when **PTS** is running.

User questions and suggestions are welcomed via email at: GayLee@VodderMLD.com.

The **PTS** runs reliably on **Apple** Macintosh Computers using OSX 10.5 or later. Windows version coming soon.

ACCESS: The **PTS** pull-down menu includes an **About RMS** screen with a hyperlink to the RMS User Manual at VodderMLD.com; this link is also in the **PTS** pull-down menu and on the **PTS** main window.

Patent Pending



Example of display using **PTS** standard default setting. Current value is in yellow, peak is in red, and low is in blue digits.

QUICK START: Use RMS now:

To Start: Load the software disc. Open the disc image on the desktop. Drag the appropriate RMS program icon into the Applications folder image alias within the open RMS Folder. (Choose **Intel** or the earlier **PowerPC** icon depending upon your computer. This info is available in the **About this Mac** window under the **Apple** menu) Now double click the program image you just dragged to the Applications folder. Enter the required registration information and code from the program disc.

Next 1: Plug the wire cable into the MIC and HEADPHONE jacks on your MAC per the instruction window.

Next 2: Click the **Calibration** button on **RMS** main window and follow the on-screen prompts. Perform basic initial calibration steps.

Next 3: The pressure sensor is placed on the limb, held by the wide Velcro strap mounting that sticks to itself. Easy to do, even one-handed. Use soft side toward skin.

Action: Place finger-tip, finger pad, or palm over the flexible sensor end, and perform an MLD stroke. You may test your own hands, or other people's hands. You may use

different fingers or whole hand/palm. Place the sensor anywhere over surfaces of the body that are not sharply curved or on sharp or bony points. Contact and cover (apply pressure to) the **entire sensing pad** tip.

Result: The on-screen trace shows both time and pressure. Adjust screen size by mouse drag on bottom right corner.

Time: The duration (time) of the stroke can be seen across the horizontal axis of the display (side to side). **GOAL:** approx 1.5 seconds per stroke.

Pressure: The pressure applied is seen on the vertical axis of the display (up and down). The higher the trace, the greater the pressure applied. **GOAL:** approx 30 **mmHg** peak MLD pressure, returning to Zero (near bottom of screen) between strokes.

For MLD: The peak pressure for effective MLD is 30 - 32 **mmHg** (millimeters of mercury). Greater pressure may cause micro-trauma, causing a decrease in lymphatic transport. Maximum reduction in limb volume is dependent upon the exceptionally light pressure of MLD, sufficient time of treatment, appropriate pressure, and the type of edema.

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Other Applications and Research: Any digital palpation or measurement (pitting test, etc.) may be standardized, measured, and learned rapidly with the **RMS** sensor system. For compression bandaging pressure verification, for case studies, including pain response to palpation, the **RMS** performs much the same as full glove pressure measurement systems costing up to \$25,000 or more, and makes accuracy and repeatability possible on a low budget.

CONTROL PANELS: The **RMS** system may be used without further adjustment after initial CALIBRATION. All basic adjustments are set at the factory and are re-initialized by performing a reset. Following the illustration are short notes on the available adjustments and controls.



Metrics

Displays signal strength, calibration numbers, time and pressure settings, and more. Two panels to set units and sample rate are here. Any value may be set by user.

Calibration

Allows system calibration any time to validate the sensor accuracy. The interface to the Macintosh is set here to make the basic connections.

Freeze

The display is frozen (stopped) by clicking this button. View, measure, project the image.

Appearance

Select the image color, thickness, gradient, or graph style. The trace may be modified in almost unlimited ways.

Trace

Measures the impeak at any point along the trace, and a digital display of pressure and time are shown according to the position of the cursor.

Print

The screen image may be printed or saved on command, with date, time, name, and detailed notes, in color or grayscale, etc.

Preferences

The **RMS** Preferences pull-down menu provides program reset, setup choices, and more.

Help

The **RMS** Help button and Help pull-down menu has Calibration assistance, access to the online User Manual, and error recovery reset button.

Online User Manual: Accessed from the **RMS** program **HELP** menu or at VodderMLD.com web site, or your previous downloaded PDF, all controls, calibration, conversion values, user information, are explained in detail.

Included in RMS Silver Kit: Pressure Sensor, Wire Cable, Mounting Strap, Calibration Weight, Storage Box, Quick User Guide, Specification Sheet, Software Disc, Cleansing Pads.

PATENT PENDING

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For detailed **RMS** Pressure Test System (PTS) installation, operation and instructions, please refer to the Online User Manual. See front page.